

The Resilient Library Newsletter

November 1, 2020

Volume 2, Issue 1

PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites

Press Ctrl+click on images and underlined text to be directed to those websites

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A Pandemic Upshot: Seniors Are Having Second Thoughts About Where to Live

By Judith Graham

Where do we want to live in the years ahead?

Some people who planned to move to senior housing are now choosing to live independently rather than communally. Others wonder whether transferring to a setting where they can get more assistance might be the right call.

Teresa Ignacio Gonzalvo and her husband, Jaime, both 68, chose to build a house rather than move into a continuing care retirement community when they relocate from Virginia Beach, Virginia, to Indianapolis later this year to be closer to their daughters.

Having heard about lockdowns around the country because of the coronavirus, Gonzalvo said, "We've realized we're not ready to lose our independence."

Alissa Ballot, 64, is planning to leave her 750-square-foot apartment in downtown Chicago and put down roots in a multigenerational cohousing community where neighbors typically share dining and recreation areas and often help one another.

"What I've learned during this pandemic is that personal relationships matter most to me, not place," she said. Kim Beckman, 64, and her husband, Mike, were ready to give up being homeowners in Victoria, Texas, and join a 55-plus community or rent in an independent living apartment building in northern Texas before COVID-19 hit.

Now, they're considering buying an even bigger home because "if you're going to be in the house all the time, you might as



well be comfortable," Beckman said.

"Everyone I know is talking about this," said Wendl Kornfeld, 71, who lives on the Upper West Side of Manhattan. She has temporarily tabled the prospect of moving into a continuing care retirement community being built in the Bronx.

"My husband and I are going to play it by ear; we want to see how things play out" with the pan-

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Housing (continued from page 1)

demic, she said.

In Kornfeld's circles, people are more committed than ever to staying in their homes or apartments as long as possible — at least at the moment. Their fear: If they move to a senior living community, they might be more likely to encounter a COVID outbreak.

"All of us have heard about the huge number of deaths in senior facilities," Kornfeld said. But people who stay in their own homes may have trouble finding affordable help there when needed, she acknowledged.



Overcoming Possible Isolation

The potential for social isolation is especially worrisome, as facilities retain restrictions on family visits and on group dining and activities. (While states have started to allow visits outside at nursing homes and assisted living centers, most facilities don't yet allow visits inside — a situation that will increase frustration when the weather turns cold.)

Mary Kazlusk, 76, resides in independent living at Heron's Key, a continuing care retirement community in Gig Harbor, Washington, which is doing all this and more with a sister facility, Emerald Heights in Redmond, Washington.

"We all feel safe here," she said. "Even though we're strongly advised not to go into each other's apartments, at least we can see each other in the hall and down in the lobby and down on the decks outside. As far as isolation, you're isolating here with over 200 people: There's somebody always around."

Some families now wish they'd arranged for older relatives to receive care in a more structured environment before the pandemic started. They're finding that older relatives living independently, especially those who are frail or have mild cognitive impairments, are having difficulty managing on their own.

"I'm hearing from a lot of people — mostly older daughters — that we waited too long to move Mom or Dad, we had our head in the sand, can you help us find a place for them," said Allie Mazza, who owns Brandywine Concierge Senior Services in Kennett Square, Pennsylvania.

Many older adults, however, simply don't have the financial means to make a move. More than half of

middle-income seniors — nearly 8 million older adults — can't afford independent living or assisted living communities, according to a study published last year. And more than 7 million seniors are poor, according to the federal Supplemental Poverty Measure, which includes out-of-pocket medical expenses and other drains on cash reserves.

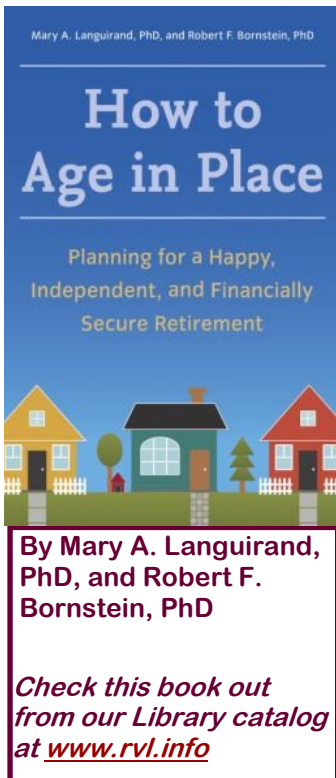
Questions to Ask

For those able to consider senior housing, experts suggest you ask several questions:

- How is the facility communicating with residents and families? Has it had a COVID outbreak? Is it disclosing COVID cases and deaths? Is it sharing the latest guidance from federal, state and local public health authorities?
- What protocols have been instituted to ensure safety? "I'd want to know: Do they have a plan in place for disasters — not just the pandemic but also floods, fires, hurricanes, blizzards?" Milner said. "And beyond a plan, do they have supplies in place?"
- How does the community engage residents? Is online programming—exercise classes, lectures, interest group meetings

"people are more committed than ever to staying in their homes or apartments as long as possible — at least at the moment"

See **Housing** on page 8



Book Spotlight—*How to Age in Place: Planning for a Happy, Independent, and Financially Secure Retirement*

“Do you want to retire happily in a home you love?”

For millions of Americans, living in a nursing home or assisted living facility is *not* how they’d prefer to spend their retirement years. This is why more and more people are choosing to “age in place”—a burgeoning national movement that enables older adults to live independently and comfortably in a place of their own choosing.

Aging in place takes some planning and foresight—which is why clinical psychologists and aging specialists Mary Languirand and Robert Bornstein have created this indispensable

guidebook to take you through every step of the process. Useful, actionable advice on financial planning enables you to set aside the resources you need, while a detailed explanation of Universal Home Design will help you hire the right contractors and modify your homes to make it safe and livable for the long-term. With concrete guidance for obtaining necessary social services, transportation assistance, health care, and even home maintenance help, *How to Age in Place* teaches you to anticipate problems before they arise and plan accordingly.

Whether you’re interested in a new post-retirement

career, keeping your brain nimble, discovering (or re-discovering) your life’s purpose, or strengthening your social network, *How to Age in Place* will help you live the good life into your 80s and beyond. It’s never too late—or too early—to begin putting your plan in place.”

“...more and more people are choosing to age in place...”

For More Information on Aging in Place

Eldercare Locator

800-677-1116 (toll-free)

eldercarelocator@n4a.org

<https://eldercare.acl.gov>

Centers for Medicare & Medicaid Services

800-633-4227 (toll-free)

877-486-2048 (TTY/toll-free)

<https://www.cms.gov/>

www.medicare.gov

National Association of Area Agencies on Aging

202-872-0888

info@n4a.org

www.n4a.org

Department of Housing and Urban Development

202-708-1112

202-708-1455 (TTY)

<https://www.hud.gov/>

Local Office on Aging

4932 Frontage Road NW,
Roanoke, VA, 540-345-0451

Services provided on site

Low Income Home Energy Assistance Program

National Energy Assistance Referral Hotline (NEAR)

866-674-6327 (toll-free)

energyassistance@ncat.org

<https://liheapch.acf.hhs.gov/help>

National Resource Center on Supportive Housing and Home Modifications

213-740-1364

homemods@usc.edu

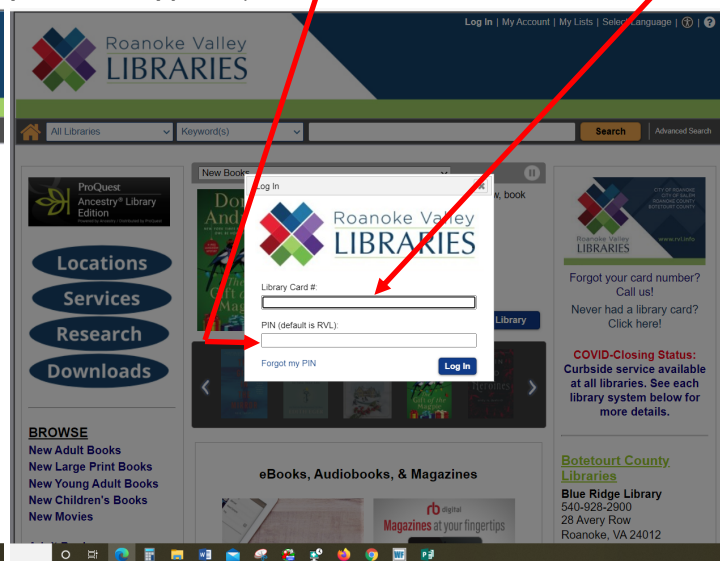
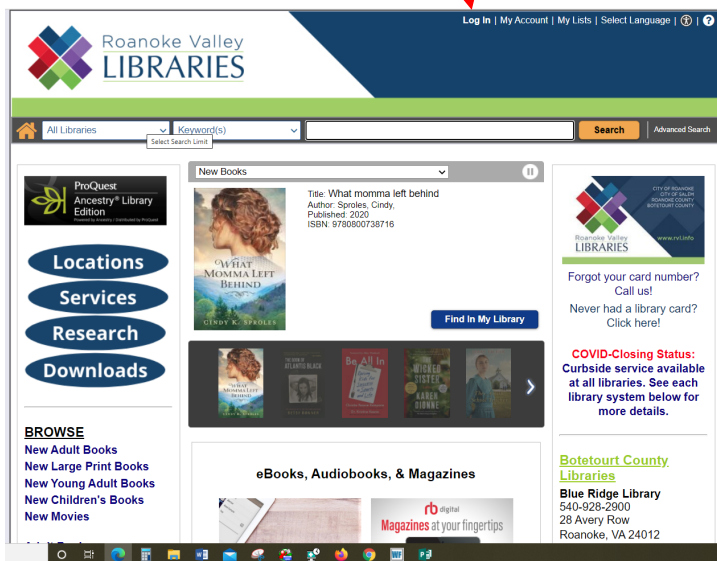
www.homemods.org

A Little Bit Techie—Checking Status of Holds Online

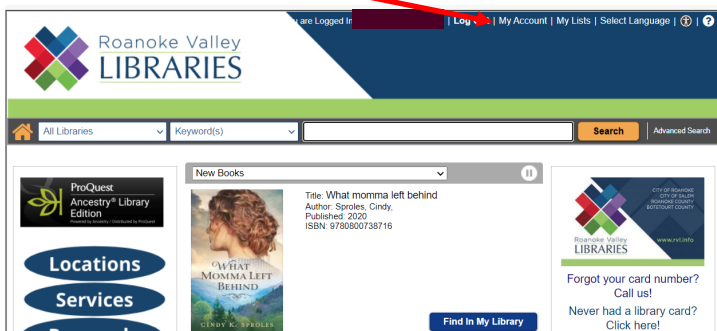
1. Go to www.rvl.info and click on “Log In”

2. Enter your library card number (starts with 199990, use all 13 numbers without any spaces)

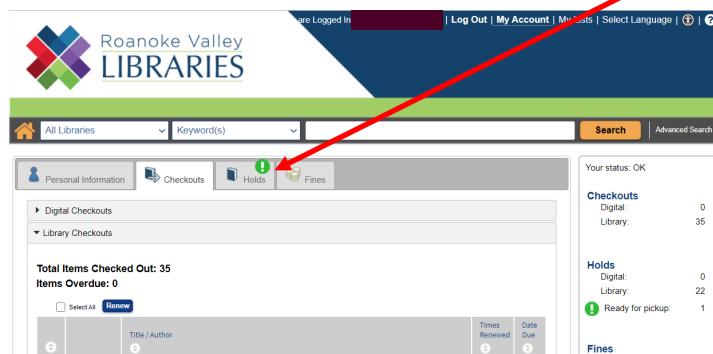
3. Enter your PIN (If you haven't personalized your PIN, type rvl)



4. Click on “My Account”



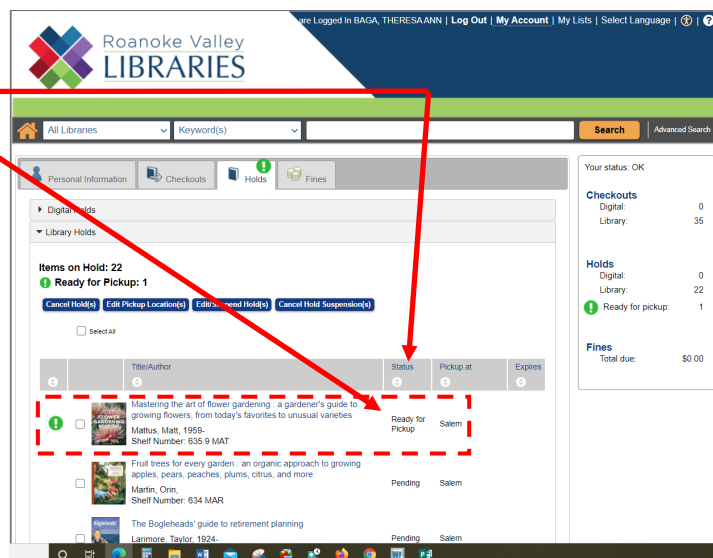
5. On the “My Account” page, click on the “Holds” tab



6. On the “Holds” tab, the status column lets you know which items are available for pickup.

PLEASE NOTE: “Ready for Pickup” in the status column means that your items have come in **BUT YOU MUST CALL THE LIBRARY** between 10a.m. and 4p.m. any day of the week to let us know you will pick up your holds. We will then check the items out to your account and place them in a bag with your name on it in our front lobby for you to pick up.
PLEASE ALSO NOTE: Due to the volume of holds at this time, we are no longer calling to let people know their holds are available. You can either:

- Check your holds status online OR
- Sign up for Library Elf for text or email alerts at www.libraryelf.com OR
- Call the library to have us check your holds status





Artful Distractions—HOW TO MAKE A RUG FROM OLD T-SHIRTS

To Make the T-Shirt “Yarn”: Each t-shirt can make a continuous piece of yarn that is 2” wide by 20 or more feet long!

1. Start by laying the t-shirt flat on a cutting surface. Then cut off the shirt just under the armpit.
2. Fold this bottom half of the shirt back onto itself leaving the folded portion about 4 inches from the edge.
3. Using a ruler, mark off 2” strips starting from the left side (the underarm) and working your way down to the hem. Slice through the 4 layers of shirt all the way up from one edge BUT NOT THROUGH the other edge.
4. Next, open up the un-cut side. You’ll then start at one end and slice the beginning on a diagonal.
5. Then continue the diagonal cuts to eventually yield one long continuous piece of 2” wide material.
6. Stretch the fabric. Really stretch the fabric and it will lengthen and curl the raw edge into itself. Roll up this length of yarn into a ball.



To Make the Crochet Rag Rug:

You will need:

- 3-4 old t-shirts or leggings
- Sharp scissors
- 12 mm (or P or Q) crochet hook

Finished size: Approx. 19 in x 14 in

Chain 40 stitches.

R1: Miss first chain and sc into second stitch.

Sc into every stitch (39 stitches).

R2-30: Chain 1, turn, skip 1 and sc all.

Crochet 30 rows, or however many you like.

Slip last stitch and weave in ends. Make a hall runner if you have enough t-shirts.

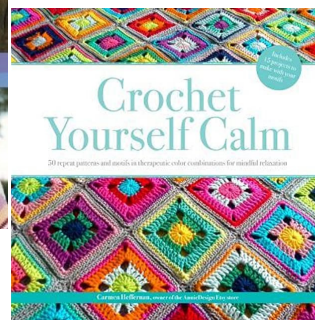
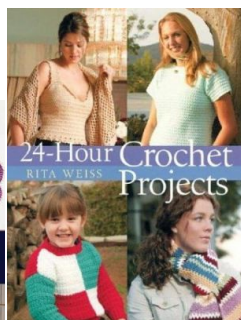
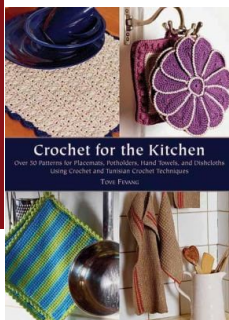
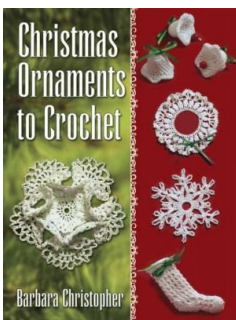
Slip last stitch and weave in ends.



Adapted from <https://mypoppet.com.au/makes/upcycle-style-crochet-t-shirt-rag-rug/>

Books available for check out at www.rvl.info

Makes really great Christmas gifts!



Final report confirms remdesivir benefits for COVID-19

At a Glance

- The antiviral remdesivir shortened recovery time for patients hospitalized with COVID-19, based on results from the completed trial.
- Researchers are now testing remdesivir in combination with antibodies and other medications.

Remdesivir is an antiviral medication that targets a range of viruses. It was originally developed over a decade ago to treat hepatitis C and a cold-like virus called respiratory syncytial virus (RSV). Remdesivir wasn't an effective treatment for either disease. But it showed promise against other viruses.

Studies in cells and animals suggested that remdesivir was effective against viruses in the coronavirus family, such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

Remdesivir works by interrupting production of the virus. Coronaviruses have genomes made up of ribonucleic acid (RNA). Remdesivir interferes with one of the key enzymes the virus needs to replicate RNA. This prevents the virus from multiplying.

Researchers began a randomized, controlled trial of the antiviral in February 2020 to test whether remdesivir could be used to treat SARS-CoV-2, the coronavirus that causes COVID-19.

The final results showed that the antiviral treatment was beneficial, consistent with the preliminary findings. Patients who received remdesivir were quicker to recover, which was defined as being medically stable enough to be discharged from the hospital. The median recovery time was 10 days with remdesivir compared to 15 days for the placebo group. Patients given remdesivir were more likely to have improved by day 15.

Remdesivir also improved mortality rates for those receiving supplemental oxygen (4% with remdesivir versus 13% with placebo at day 29 of treatment)...

The study also suggested that remdesivir treatment may prevent patients from progressing to more severe respiratory disease. Those treated with remdesivir were less likely to need high levels of respiratory support. Remdesivir appeared to most benefit patients who were receiving supplemental oxygen.

"Our findings show that remdesivir is a beneficial treatment for patients with COVID-19," says study author Dr. John Beigel of NIAID. "It may also help to conserve scarce health care resources, such as ventilators..."

The findings show that remdesivir alone isn't a sufficient treatment for all patients but does provide some benefit. Studies are underway to evaluate remdesivir in combination with other therapies.

—by Erin Bryant

For the full article go to <https://www.nih.gov/news-events/nih-research-matters/final-report-confirms-remdesivir-benefits-covid-19>

Money Wise

[MyMoney.gov](https://www.mymoney.gov) is the U.S. government's website dedicated to teaching all Americans the basics about financial education.

On the "[Protect](#)" tab, you will find

Hints and Tips

- A good system for keeping personal money records will include copies of important documents like your will, property ownership documents, information about savings and insurance, and other document. It should include overview of what happens to property after a major life event occurs.
- Assume that any offer that "sounds too good to be true" – especially one from a stranger or an unfamiliar company --- is probably a fraud.
- Look at your bank statements and bills as soon as they arrive and report any discrepancy or anything suspicious, such as an unauthorized withdrawal or charge.
- Be wary of requests to "update" or "confirm" personal information, especially your Social Security number, bank account numbers, credit card numbers, personal identification numbers, your date of birth or your mother's maiden name in response to an unsolicited call, letter or email.

Spotlight Resources such as [Managing Household Records](#); [Deter, Detect and Defend Against Identify Theft](#); and [Get Help Finding and Using Health Insurance](#).



Grow, Sow, Repeat



LET'S GET ONE THING (YOUR WRIST) STRAIGHT

When choosing a new garden tool, find one that allows your wrist to be in a straight, non-twisted, or what is called a neutral position. If you have to twist to use a tool, and you repeat that movement over and over, you can cause yourself unnecessary pain.

At left: This wrist is stretching tendons and compressing tissues, which will eventually cause pain.



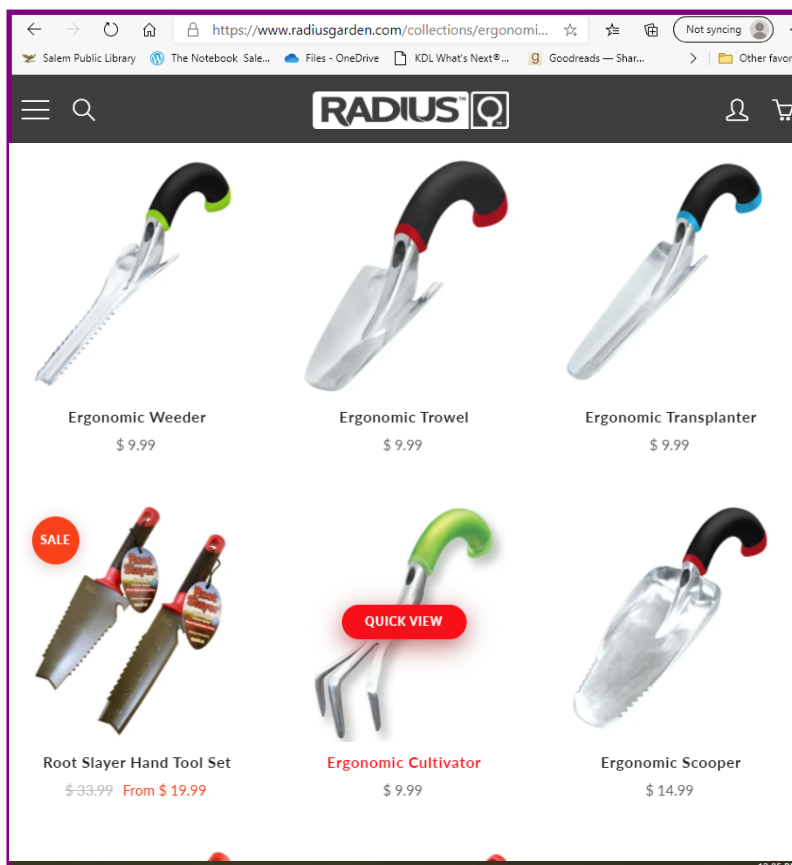
At left: The best position for your hand and wrist is a neutral, stress-free position.

Excerpted from [The Lifelong Gardener: Garden with Ease & Joy at Any Age](#) by Toni Gattone

May We Recommend... [Radius Garden's ergonomic Natural Radius Grip hand tools](#)

National Home Gardening Club Member tested and recommended. You can sign up for their newsletter or follow them on [Facebook](#), [Instagram](#), or [YouTube](#) for new product alerts, special offers, and coupon codes.

Planting fall plants? The Radius Ergonomic TransplanterTool can help with that.





Salem Public Library

28 E Main Street
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email:
library@salemva.gov

[Roanoke Valley Libraries
Online Library Catalog
www.rvl.info](#)

[Roanoke Valley Libraries
e-Books & e-Audiobooks
rvl.overdrive.com](#)

WE'RE ON THE WEB!

[HTTPS://
WWW.SALEMVA.GOV/
DEPARTMENTS/SALEM
-PUBLIC-LIBRARY](https://www.salemva.gov/departments/salem-public-library)



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to see our calendar
of events

ABOUT THIS NEWSLETTER: This free, weekly (during the pandemic) newsletter is intended for people over 50 and their caregivers.

SUBSCRIPTION INFORMATION: If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 4:00 p.m. each day OR
- Email us at library@salemva.gov OR
- Fill out the information below and mail it to us.

Print copies will be available in our lobby between 10:00 a.m. and 4:00 p.m. each day and we will post a link on our website to view this newsletter online. Specify below how you would like to receive your subscription to this newsletter along with your contact information.

☐ Postal Service Mailing address: _____

☐ Email Email address: _____

LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

CONTACT FREE PICK-UP is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items before you get here. *Thank you!*

LEAVE IT TO A LIBRARIAN For Adult Fiction: *The library is closed and you don't want to spend hours browsing the online catalog?* Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

2020 READING CHALLENGE: Earn prizes for reading! Open to all ages. Call us, email us, or click the link on our website home page for more information.

SOCIALIZE WITH US! ON [FACEBOOK](#), [GOODREADS](#), OR [INSTAGRAM](#)— Click on the icons near the bottom of our [website home page](#).

Click on images or underlined text to be directed to the appropriate website.

Scan the QR code (bottom left on this page) to see our [Calendar of Events](#).

Housing (continued from page 2)

- — available? Are one-on-one interactions with staffers possible? Are staffers arranging online interactions via FaceTime or Zoom with family? Are family visits allowed? “Social engagement and stimulation are more important than ever,” said David Schless, president of the American Seniors Housing Association.
- What's the company's

financial status and occupancy rate? “Properties with occupancy rates of 90% or higher are going to be able to withstand the pressures of COVID-19 significantly more than properties with occupancy below 80%, in my opinion,” said Mace of the National Investment Center for Seniors Housing & Care. Higher occupancy means more

revenues, which allows institutions to better afford extra expenses associated with the pandemic.

“Transparency is very important,” Schless said.

Excerpted from <https://khn.org/news/a-pandemic-upshot-seniors-are-having-second-thoughts-about-where-to-live/>